

FOR IMMEDIATE RELEASE

Wednesday, December 7, 2005

CONTACT

Afua Anokwa, Assistant PIO, [317] 327-7027



INDY PARKS ANNOUNCES WINTER RECREATION ACTIVITIES
Select parks, greenways offer cross-country skiing, ice skating & sledding for the entire family

INDIANAPOLIS — 'Tis' the season of snow-blanketed landscapes, crisp, starry nights and hot chocolate! Indy Parks and Recreation will offer a host of outdoor recreational activities for families this winter. For additional information on both outdoor and indoor programs, please call 317-327-PARK, or check out the Winter Fun Guide, available at all Indy Parks family centers or online at www.indyparks.org.

ICE SKATING

Indy Parks has two indoor ice rinks and one outdoor, seasonal facility that are ideal for ice skating. If you skate on a park pond, stay near the shoreline, and be on the lookout for open or thin ice.

Ellenberger Ice Rink
5301 E. St. Clair St.

Perry Ice Rink
451 E. Stop 11 Road

Eagle Creek Pond
7840 W. 56th Street

Hours: dawn to dusk (same as park hours)

Note: this is the only outdoor ice skating pond authorized by Indy Parks. Flags will be on site at the pond designating if it is safe to ice skate: red = not safe; green = safe.

CROSS-COUNTRY SKIING

Cross-country skiing is a great winter workout for the entire family! The following locations are designated for cross-country skiing this winter. Ski rental is available at Eagle Creek Park only.

Eagle Creek Park (groomed trails)

Northwestway Park
5253 W. 62nd Street

Southeastway Park Trails
5624 S. Carroll Road

Fall Creek, Eagle Creek, and Pleasant Run Greenways

-more-



Indy Parks and Recreation ? Public Information Office ? 200 East Washington Street ? Indianapolis, Indiana 46204

[317] 327-7035 ? [317] 327-7097 fax ? www.indyparks.org

SLEDDING

Indy Parks has released the list of approved sledding locations at Indianapolis parks. Sledding is only permitted during park hours, dawn to dusk, and all sledding must take place in the designated sledding area of the approved location. While sledding, children must be supervised by an adult.

Bel Aire Park 2915 Tibbs Ave. 317-327-7806	Brookside Park 3500 Brookside Parkway South Dr. 317-327-7227	Christian Park 4200 English Ave. 317-327-7163
Eagle Creek Park 7100 Eagle Creek Pkwy. (71 st Street Gatehouse) 317-327-7120	Ellenberger Park 5301 E. St. Clair 317-327-7176	Garfield Park 2450 S. Shelby St. 317-327-7226
Glenns Valley Park 8015 Bluff Rd. 317-327-7118	Paul Ruster Park 11300 E. Prospect St. 317-327-0143	Rhodius Park 1001 S. Belmont St. 317-327-7191

Indy Parks recommends residents follow these safety tips when recreating this winter:

Dress warmly enough for conditions. Sledders' should wear thick gloves or mittens and protective boots to protect against frostbite as well as potential injury.

Sled only in designated areas at the above parks.

Make sure the sledding path does not cross traffic and is free from hazards such as large trees, fences, rocks, picnic tables, or telephone poles.

Don't sled after dark or when visibility is bad (like when it's snowing).

The proper position for sledding is to sit or lay on your back on the top of the sled, with your feet pointing downhill. Sledding headfirst increases the risk of head injury and should be avoided.

Keep all equipment in good condition. Broken parts, sharp edges, cracks and split wood invite injuries.

NOTE: Report all park sledding accidents to the respective park manager or call 327-7615. Make sure someone has a cell phone to call 9-1-1 in case of an emergency.

For additional information or a complete listing of safety tips, please call 317-327-PARK or visit www.indyparks.org.

-30-



Indy Parks and Recreation ? Public Information Office ? 200 East Washington Street ? Indianapolis, Indiana 46204

[317] 327-7035 ? [317] 327-7097 fax ? www.indyparks.org